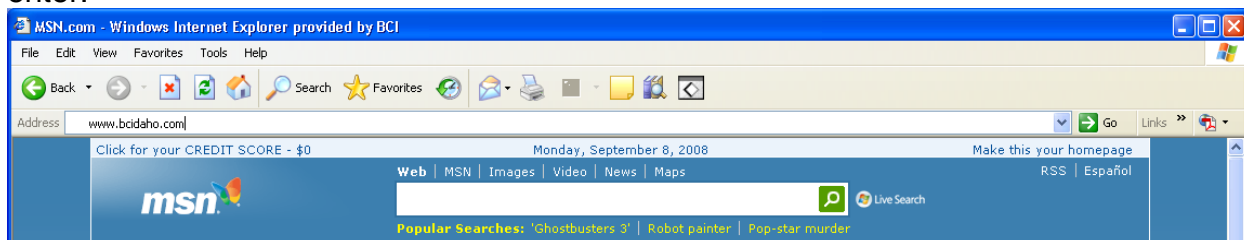


How to Register, Log In and Access Blue Cross

Step #1 – Once on the Internet, enter www.bcidaho.com in the address box and hit enter.



This should take you to the home page of the Blue Cross of Idaho Web site.

Step #2 – Click “Members” in the “Select a Secure Log in” box in the upper left.



This should take you to the member home page outside of login. There are two different member page views...one outside of login and one inside of login. You must be logged in to access the online decision-support and wellness tools.

Step #3 – Click on “Register Now”



This should take you to the Member Registration page.
 Step #4 – Following the instructions on the page, enter personal information, information from your ID card, a username and your email address (twice).

Home | Contact Us

Blue Cross of Idaho

PLANS & BENEFITS HEALTH & WELLNESS CAREER CENTER ABOUT US

Select a Secure Log-in

MEMBERS
EMPLOYERS
PROVIDERS
BROKERS

Quick News Links

Half a Billion Have Genital Herpes Virus

Worldwide, 536 million people aged 15-49 are infected with the herpes simplex virus type 2, according to a study published by the World Health Organization.

[more](#)

Spotlight

Dental Insurance

A great smile can go a long

Member Registration

Welcome to the Blue Cross of Idaho member registration page. The form below will step you through the registration process, letting you create a username that will allow you to log in to our secure member site.

Once registered, you will be emailed a password and gain 24-hour access to your plan coverage including claim history, benefits and eligibility, and deductible balance. You can also print out an Explanation of Benefits. You also gain access to WellConnected, our online health and well-being program.

IMPORTANT: Have your member ID card ready, it contains information needed to complete your registration.

Blue Cross of Idaho
An Independent Licensee of the Blue Cross and Blue Shield Association

Pre-admission Review required for all inpatient admissions

Chamber Blue Enrollee Name

Enrollee Identification Number Effective Date

Group Number BCBS Plan Code 110610 In-Network Office Visit

Chamber Blue. Select provider network and benefits.

-- Sample Card --

If the registration is successful, you will get the following page:

Select a Secure Log-in

MEMBERS
EMPLOYERS
PROVIDERS
BROKERS

Quick News Links

Pain Shows Up as Parkinson's Sets In

Pain seems to show up with

Registration Completed Successfully!

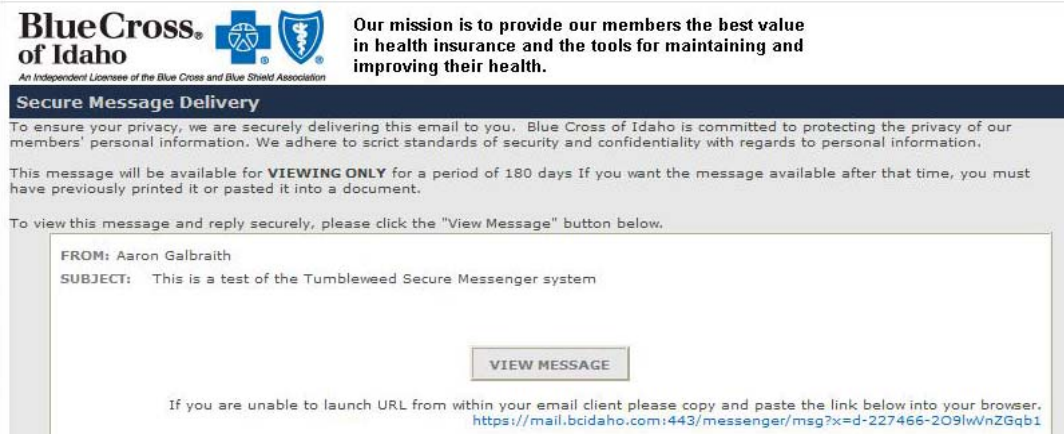
Thank you for registering with Blue Cross of Idaho.
Your new password will be emailed to you.

If you do not get this message, it could be that you're already registered, the data entered does not match what is in our enrollment system (e.g., name, birth date, enrollee ID number or group number don't match) or the email addresses you entered do not match.

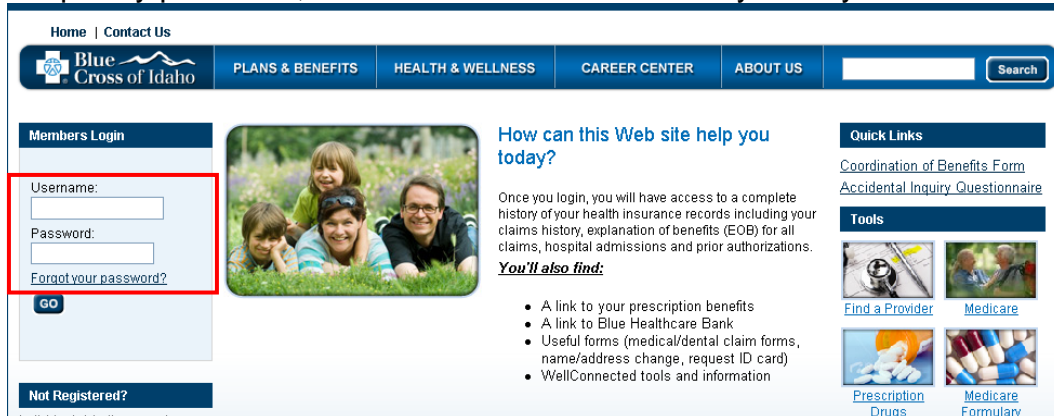
If you're already registered, you will have to contact our Customer Service department at the number of the back of your ID card for assistance.

If there is some issue with data, please double-check the information you've entered and make the necessary corrections. If you still cannot complete the registration process, contact Customer Services.

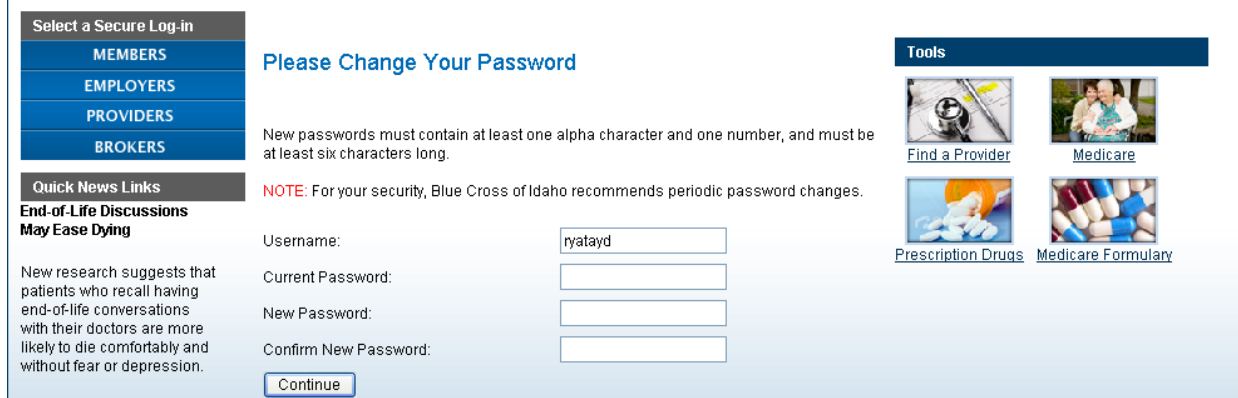
Step #5 – Upon successful registration, an email is generated to the email address you provided during registration. The email contains your username and a temporary password. This is a secure email, meaning that it is behind the Blue Cross firewall. You must click “View Message” in order to view the email.



Step #6 – Following the instructions in the email, you must go back to the Blue Cross Web site, www.bcidaho.com, click on “Members” and enter your username and temporary password; then click “Go” or hit enter on your keyboard.




The Web site will now force you to change your temporary password. Enter the temporary password you were given in the “Current Password” box. Enter your new password in the “New Password” and “Confirm New Password” boxes.




You are now registered and will be directed to your member home page, which will welcome you by name.

[Home](#) | [Contact Us](#) | [Log Out](#)

[PLANS & BENEFITS](#)[HEALTH & WELLNESS](#)[CAREER CENTER](#)[ABOUT US](#)[Search](#)

[Members Home](#)[Change Account Info](#)[Discount Programs](#)[Forms](#)[Prior Authorization](#)[National BlueCard Directory](#)[Member Newsletter](#)



Welcome Karri Ryan

Health Plan: PPO
Member ID: XMP970182540
Group ID: 10000004
[Blue Cross Secure Email](#)

[Plan Coverage](#)[Claims History](#)[Blue Healthcare Bank](#)[Pharmacy Benefits](#)

Quick Links

[Accidental Injury Questionnaire](#)[Change Name/Address](#)[Change Primary Care Physician](#)[Medical Claim Form](#)[Dental Claim Form](#)[Coordination of Benefits](#)[Request ID Card](#)[Request Explanation of Benefits](#)[Transfer Application](#)


Spotlight


Dental Insurance


A great smile can go a long way. Check out Blue Cross of Idaho's group and individual dental plans.

A Healthier You Starts Here...

In addition to managing your health insurance benefits, this site offers a variety of other helpful tools and resources designed with you in mind.



[Find a Provider](#)

[Medicare](#)

Step #7 – Once on the member home page, find the button that says “Click here to access a personal health assessment tool...” and click it.

[Home](#) | [Contact Us](#) | [Log Out](#)

[PLANS & BENEFITS](#)[HEALTH & WELLNESS](#)[CAREER CENTER](#)[ABOUT US](#)[Search](#)

[Members Home](#)[Change Account Info](#)[Discount Programs](#)[Forms](#)[Prior Authorization](#)[National BlueCard Directory](#)[Member Newsletter](#)



Welcome Karri Ryan

Health Plan: PPO
Member ID: XMP970182540
Group ID: 10000004
[Blue Cross Secure Email](#)

[Plan Coverage](#)[Claims History](#)[Blue Healthcare Bank](#)[Pharmacy Benefits](#)

Quick Links

[Accidental Injury Questionnaire](#)[Change Name/Address](#)[Change Primary Care Physician](#)[Medical Claim Form](#)[Dental Claim Form](#)[Coordination of Benefits](#)[Request ID Card](#)[Request Explanation of Benefits](#)[Transfer Application](#)

Spotlight

Dental Insurance

A great smile can go a long way. Check out Blue Cross of Idaho's group and individual dental plans.

[Learn More](#)

Disease Management Programs

By encouraging self-management and facilitating optimal care with doctors, our disease management programs can help you achieve cost-effective healthcare that promotes a greater quality of life.

[Learn More](#)

A Healthier You Starts Here...

In addition to managing your health insurance benefits, this site offers a variety of other helpful tools and resources designed with you in mind.



WELL CONNECTED

Welcome to WellConnected, our comprehensive health & well-being program. The program contains tools to help you manage your health and make more informed decisions about your health care.

[Click here](#) to access decision support tools such as treatment advisor and hospital compare powered by WebMD.

[Click here](#) to access a personal health assessment tool to check up on your

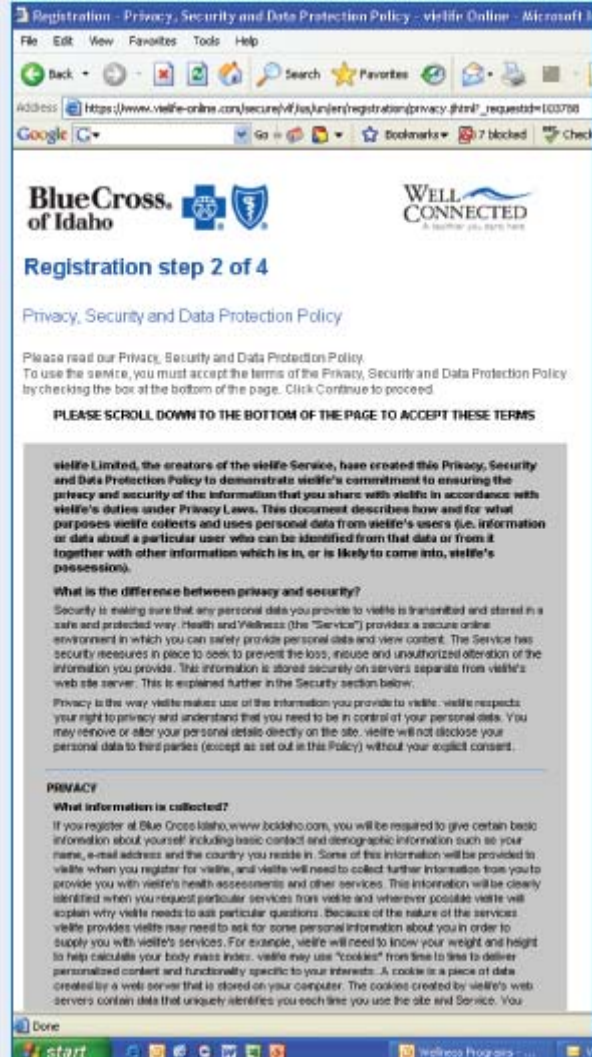
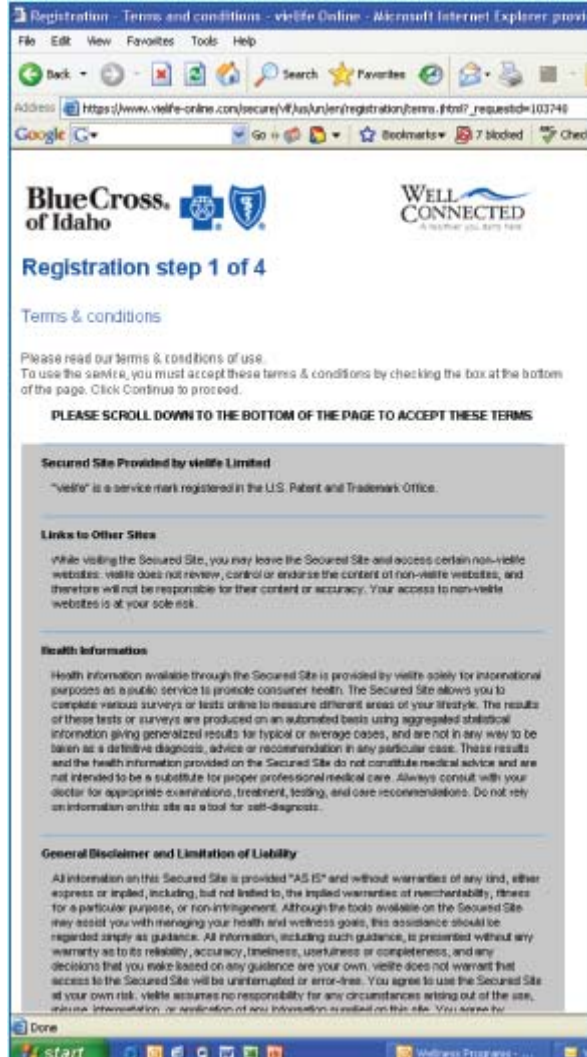
[Find a Provider](#)

[Medicare](#)

[Prescription Drugs](#)

[Medicare Formulary](#)

Step #8 – You will leave the Blue Cross Web site and go to the WellConnected site with the wellness tools powered by **vielife**, Ltd. The first time in the WellConnected site, you will be asked to complete a short registration. The steps are shown below.



Registration step 4 of 4

Is this information correct?

If the information below is correct, please click on "Register" at the bottom of the page to complete the registration process.

To make changes, please click on "Back" at the bottom of the page.

Profile

Personal details

First Name
Last Name
US State
Gender
Date of Birth
Contact email address

Back Register

Home | Site map | Help | Contact us

Search

[SLEEP](#)
[STRESS](#)
[NUTRITION](#)
[FITNESS](#)
[LIFESTYLE](#)
[HEALTHWISE](#)
[**YOUR HEALTH**](#)
[LOG OUT](#)

Home :

IMPORTANT!

You have not taken your assessment!

Get the most out of this service
Take the Health & Well-being assessment now!

Welcome Karri

Profile

View and update your personal profile ➔

Assessments

Health & Well-being Assessment
Take now

Sleep Assessment
Take now

Stress Management Assessment
Take now

Nutrition Assessment
Take now

Fitness & Physical Activity Assessment
Take now

Back & Joint Health Assessment
Take now

View all your assessments and reports ➔

Logs

You currently have no active logs.

Find out more about your health logs ➔

Feature topics and articles

- ▶ Looking after your smile
- ▶ Physical activity myths
- ▶ A healthy holiday season
- ▶ Beating holiday stress
- ▶ Preventing cancer with diet and lifestyle
- ▶ Your daily fruit and veggies target

Health news

4 February 2008 Middle-age low

New research suggests that over the course of life people tend to feel least happy in middle-age, after which emotional well-being increases into old age.

Over 200,000 men and women from 72 different countries were included in this study - the same trend was found for both sexes and across the globe.

Boise today [Select city ➔](#)

Latest weather 1200 GMT Mon 02/04/2008
(Black) Low-level cloud

Temperature	29°F
Relative humidity	75%
Wind speed (mph)	13 (NW)
Pressure (mB)	1013, Rising
Visibility	Good

[View full 5 day forecast ➔](#)

Your Health & Well-being Tools

BMI Calculator

Want to know your Body Mass Index measurement? Find out here ➔

Goal setter

Setting goals is a powerful process that